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**Citation:** Hinchliff, S. & Cruice, M. (2014). An evaluation of communication-related and quality of life outcomes for people with aphasia accessing Early Supported Discharge stroke services. *International Journal of Stroke*, 9(S4), pp. 38-39. doi: 10.1111/ijvs.12374\_15

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## **UKSF abstract 2014**

### **An evaluation of communication-related and quality of life outcomes for people with aphasia accessing Early Supported Discharge stroke services**

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#### **Introduction:**

This study aimed to research outcomes for people with aphasia accessing ESD services using measures relating to the WHO's ICF constructs, health-related quality of life (HRQOL) and well-being.

#### **Method:**

Ten participants were assessed one week after admission and on discharge. The measures used were: Western Aphasia Battery-Revised (Kertesz, 2006), Burden of Stroke Scale Communication Difficulty (Doyle et al., 2003), Community Integration Questionnaire (Willer et al., 1994), EQ-5D 5L (EuroQol Group, 1990), Ryff Psychological Well-being scale (shortened) (Thelander, et al., 1994). Wilcoxon signed rank tests were used to calculate change scores. Spearman rank correlation analyses were then conducted to investigate whether change scores for language functioning, communication activities and participation were associated with change scores for HRQOL and well-being.

#### **Results:**

The results indicate significant positive change in language functioning ( $Z = -2.803$ ;  $p = 0.005$ ), communication activity ( $Z = -2.71$ ;  $p = 0.01$ ), and participation ( $Z = -2.14$ ;  $p = 0.03$ ) for the participants in this study. There was no significant change in HRQOL with the EQ-5D 5L or visual analogue scale ( $Z = -1.12$ ;  $p = 0.26$ ;  $Z = -0.83$ ;  $p = 0.41$ ) and well-being ( $Z = -0.36$ ;  $p = 0.72$ ). A strong, significant correlation was found between change in participation and change in HRQOL (EQ-5D 5L)  $r(10) = 0.73$ ;  $p = 0.02$ .

#### **Conclusion:**

This preliminary indicates that patients' language functioning, communication activities and participation improved significantly and that change in participation was associated with change in HRQOL. Further research comparing communication-related outcomes for people with aphasia accessing ESD with a control group is needed to demonstrate clear treatment effects.